

DINNERLY



Feed-A-Crowd Vego Loaded Wedges: Same Meal Price, Double the Portions!



40 minutes



2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 800g potatoes
- 2 red capsicums
- 2 x 400g five mixed beans
- 2 x 400g diced tomatoes
- 20g smoky barbecue seasoning ¹⁷
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 2¼ tbs olive oil
- 2 garlic cloves
- 2 tbs tomato paste
- 2 tsp sugar

TOOLS

- large oven tray
- baking paper
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 470kcal, Fat 13.4g, Carbs 61.4g, Proteins 18.4g



1. Roast wedges

Preheat the oven to 220C. Line a large oven tray with baking paper. Cut the **unpeeled potatoes** into wedges and put on the lined tray. Drizzle with **1¼ tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 30 mins or until tender.



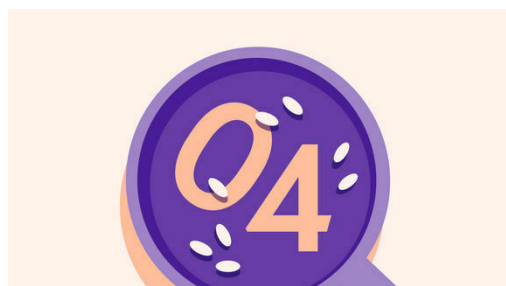
2. Soften capsicum

Meanwhile, cut the **capsicums** into 1cm chunks. Crush or finely chop **2 garlic cloves**. Drain and rinse the **beans**. Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **capsicum** and **garlic**, stirring, for 5-7 mins until softened.



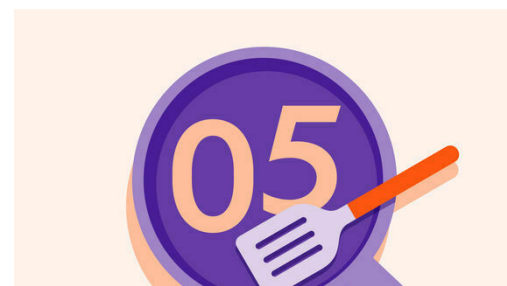
3. Simmer beans

Add the **beans, tomatoes, 1½ tbs barbecue seasoning, 2 tbs tomato paste, 2 tsp sugar** and **60ml (¼ cup) water** to the pan. Bring to the boil, then reduce the heat to medium and cook, stirring, for 10 mins or until slightly thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Make yoghurt mixture

Meanwhile, put the **yoghurt, any remaining barbecue seasoning** and **3 tsp water** in a bowl, season with **salt and pepper** and stir to combine.



5. Serve up

Spoon the **bean mixture** over the wedges, drizzle with the **yoghurt mixture** and enjoy!



6. Feed A Crowd

Like things a little cheesy? If you have some in your fridge, sprinkle some grated cheese over the bean mixture to serve.